



December Breakfast

(WG) = Whole Grain

All Cereals Meets Sugar Limit Guidelines

Serving Sizes (Ages 1-2)	Mon	Tue	Wed	Thu	Fri	Serving Sizes (Ages 3-5)
Grain: 1/2 Slice/Serv/ 1/4 Cup Fruit: 1/4 Cup Milk: 1/2 Cup* E		1 Biscuit w/jelly Apples Milk	2 Cinnamon Toast Apple Sauce Milk	3 Oatmeal (WG) Milk	4 Corn Flakes® Milk	Grain: 1/2 Slice/Serv/ 1/4 Cup Fruit: 3/4 Cup Milk: 3/4 Cup*
	7 Kix Cereal Apples Milk	8 Waffles (WG) Peaches Milk	9 French Toast Sticks- Pears Milk	10 English Muffin w/jelly Bananas Milk	11 Rice Krispies Bananas Milk	
	14 Pancakes Pineapple Milk	15 Oatmeal (WG) Apples Milk	16 Biscuit w/jelly Pineapple Milk	17 English Muffin w/jelly Pears Milk	18 Toast w/jelly Mandarin Oranges Milk	
	21 Corn Flakes Oranges Milk	22 Waffles (WG) Applesauce Milk	23 Cheerios (WG) Oranges Milk	24 <i>Merry Christmas</i> 		
*Whole, unflavored milk is served to children one year of age and 1 percent, unflavored milk to all children two years of age and older.	28 Rice Krispies Fruit Cocktail Milk	29 Toast w/jelly Apple Sauce Milk	30 Oatmeal (WG) Apples Milk	31 	1 	This institution is an equal opportunity